

Personal Nutrition Report

for

Samantha Long



**NGX is personalised
nutrition, made simple.**

Following a genetically personalised diet enables you to be at the top of your game, whatever your goal. Learn how to unlock your inner awesome inside...

www.nutri-genetix.com

Hi Samantha Long,

Welcome to your personal nutrition report!

Inside this report you will find all the secrets that you need to personalise your diet and optimise your health and fitness. Whether you are looking to boost muscle, reduce body fat, improve athletic performance or support your immunity and wellbeing, personalising your diet can help you achieve your goals, faster and more effectively than by following generic food guidelines such as NRV (nutrient reference values), DRIs (dietary reference intakes) and EFSA (European Food Safety Authority) averages.

However, we know it can be difficult to follow strict nutrition guidance every day. That's why we created NGX BodyFuel! To make personalised nutrition simple, convenient and tasty. Using the insights from your results we personalise your shake, so you can be confident of hitting your daily nutrition targets and can focus on crushing your goals!

What's inside your report?

1. ABOUT THE SCIENCE OF NUTRIGENETICS

A brief introduction to nutrigenetics and your DNA

2. HOW YOUR GENES AFFECT YOUR GOALS

Discover how your genes impact key areas of your fitness, health and wellbeing

3. HOW YOU PROCESS AND USE DIFFERENT NUTRIENTS

Discover which nutrients your body uses well and not so well

4. YOUR PERSONAL NUTRITION RECOMMENDATIONS

Discover your optimal balance of fats, carbohydrates, vitamins and minerals

5. WHAT'S IN YOUR NGX SHAKE

Discover the characteristics of your personal nutrition shake

6. HOW TO TAKE NGX

Learn how to take NGX BodyFuel for best results

7. DETAILED RESULTS

Detailed information about your fat, carbohydrate, vitamin, mineral and food sensitivity needs

8. WANT TO DISCUSS YOUR RESULTS?

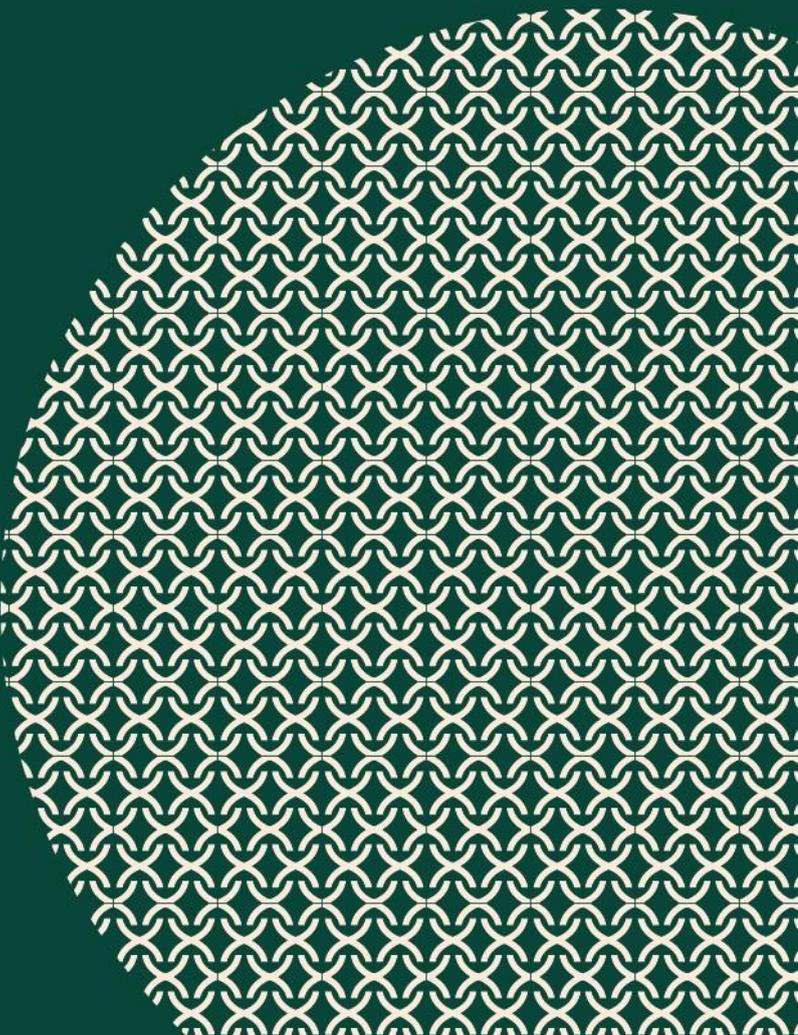
Book a FREE 15-minute consultation with Olga Hamilton, Head of Nutrigenetic Science here at NGX

9. LEGAL DISCLAIMER

Key information about the contents of this document and NGX products

1.

About the science of nutrigenetics



About the science of nutrigenetics

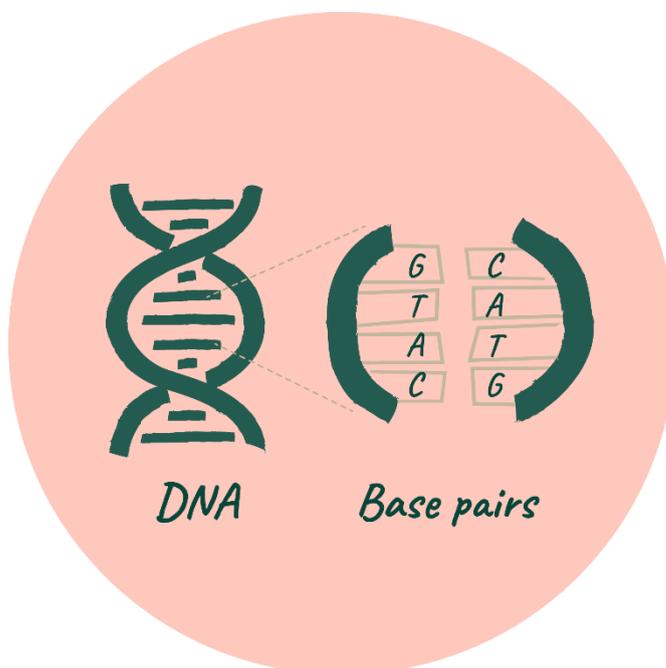
Nutrigenetics is the field of science that seeks to understand how we metabolise and process different nutrients, based on our unique genetic make-up. Our DNA can have a significant effect on the way our bodies use nutrients, such as how these nutrients are absorbed, transported, activated, and eliminated from the body. Once our genetic profile has been determined, we can match our nutrient intake to our genetic make-up to achieve enhanced physical and cognitive performance:



What are DNA and genes?

DNA is short for deoxyribonucleic acid and is a chemical found in nearly every cell in the human body. Our DNA is arranged as a double helix and holds the genetic information that determines our physical traits and characteristics – from our eye colour to how we metabolise and process different nutrients.

Each double helix is composed of four base pairs: adenine (A), thymine (T), cytosine (C), and guanine (G). The order, or sequence of these components is called a gene (and collectively genotype). This is similar to the way in which letters of the alphabet are ordered to form words and sentences. These genes provide the instructions our bodies need to make molecules such as protein, which perform functions such as breaking down and processing nutrients.

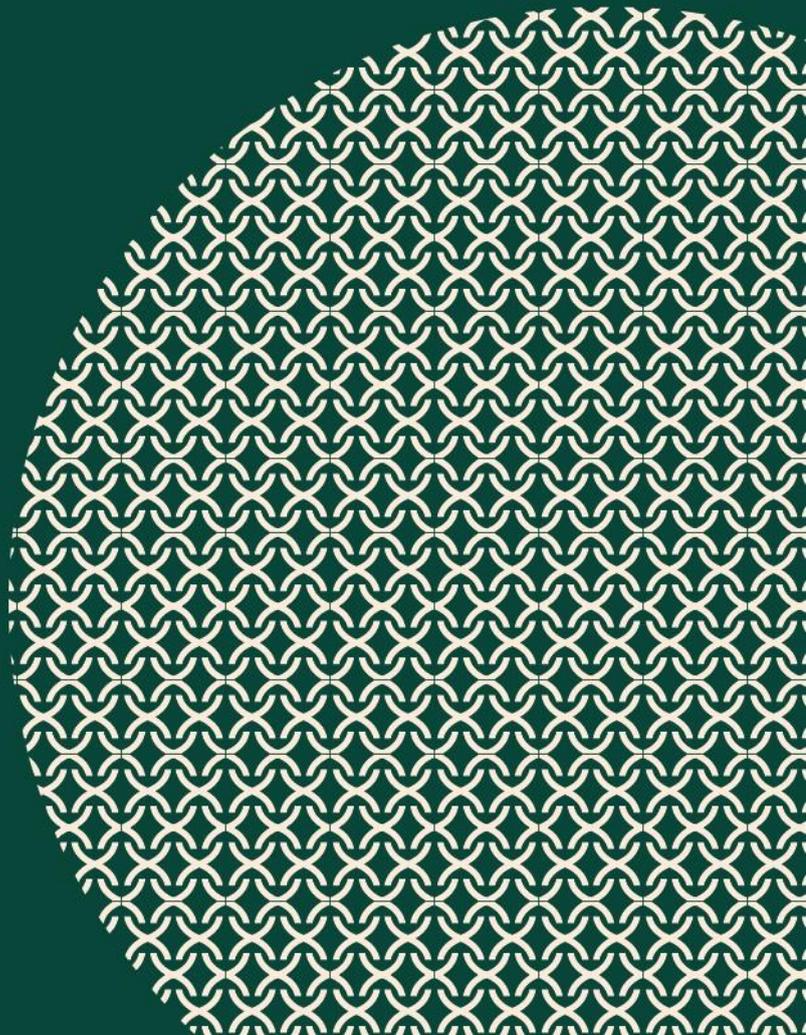


2.

How your genes affect your goals

NGX

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YOUR GENES CAN IMPACT YOUR ABILITY TO ACHIEVE FITNESS, HEALTH & WELLBEING GOALS

When following only a normal diet*, your genes may result in debilitated performance in the following fitness, health and wellbeing categories. Note: If you, like two-thirds of the UK population** do not regularly meet the average recommended daily guidelines for nutrition, you could experience a higher effect than that shown below.

*the average recommendations for protein, fat, carbohydrates and vitamins and minerals

**Over two-thirds of the UK population do not consume their recommended daily requirements of vitamins and minerals or achieve the right balance of protein, fats and carbs. Public Health England 2018 Report

Your overall result

Summary of how your genes impact your performance across fitness, health and wellbeing, ranging from a **Very High Debilitation** to **Normal**:



Your overall result indicates that you may benefit from following a genetically personalised diet.

Potential gains of a genetically personalised diet

The level of gain you could achieve by following a genetically personalised diet is linked to the overall level of debilitation caused by your genes above. Your potential gain is:

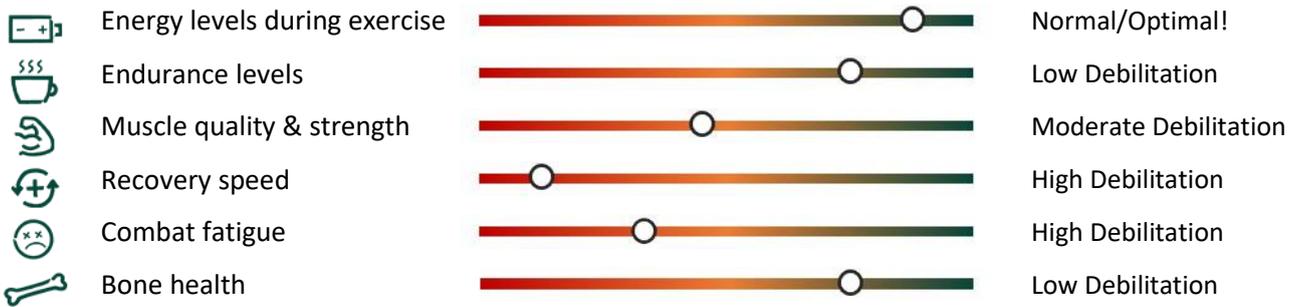


For you to achieve best results across all your fitness, health and wellbeing goals, you should follow a genetically personalised diet.

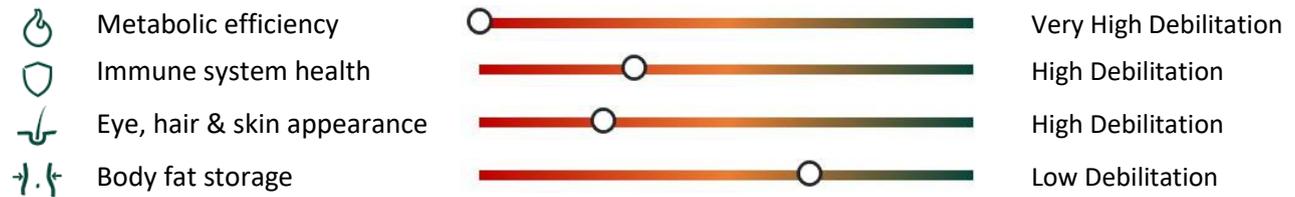
Breakdown by goal

We have broken down your Overall Result into 15 key areas of fitness, health and wellbeing so you can get a better understanding of how your genes may be impacting your levels of performance.

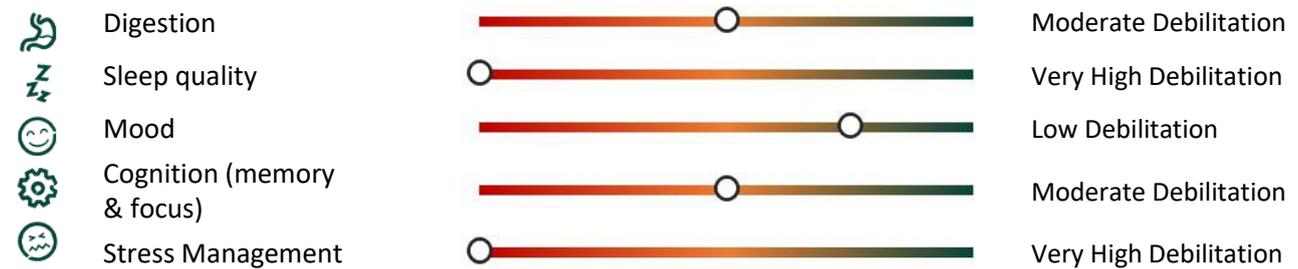
FITNESS



HEALTH



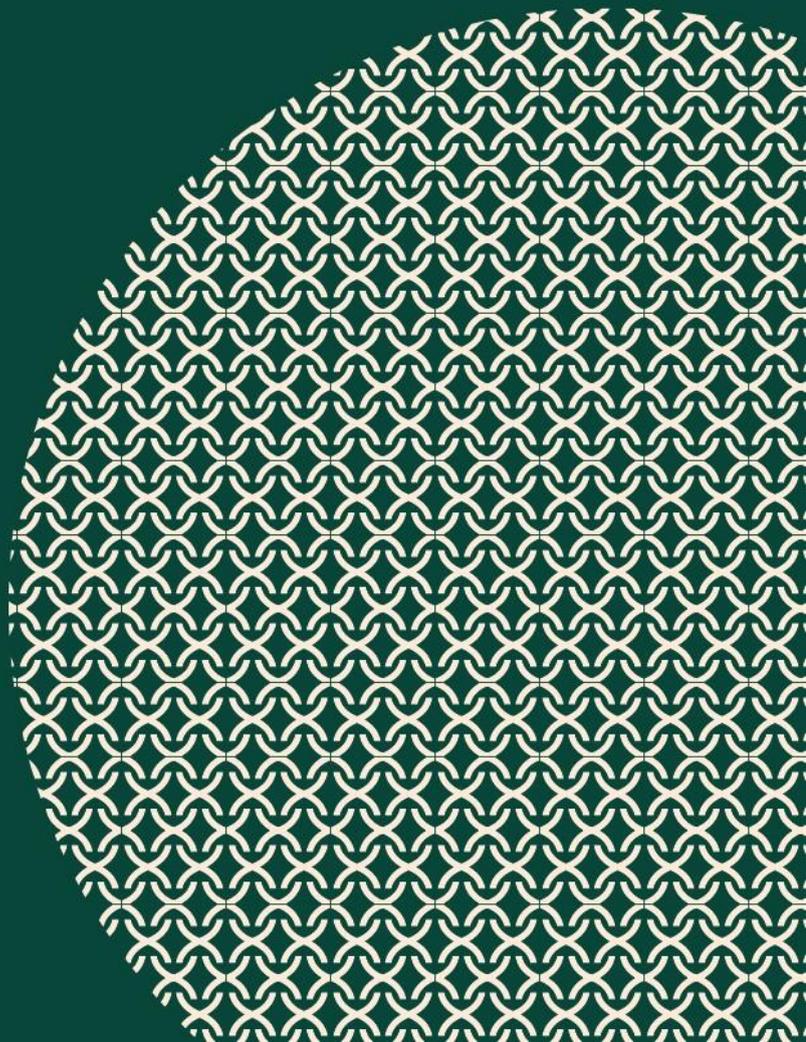
WELLBEING



Following a genetically personalised diet could help you achieve 'optimal' status for all the above fitness, health and wellbeing categories.

3.

**How you process
and use different
nutrients**



HOW YOU PROCESS AND USE DIFFERENT NUTRIENTS

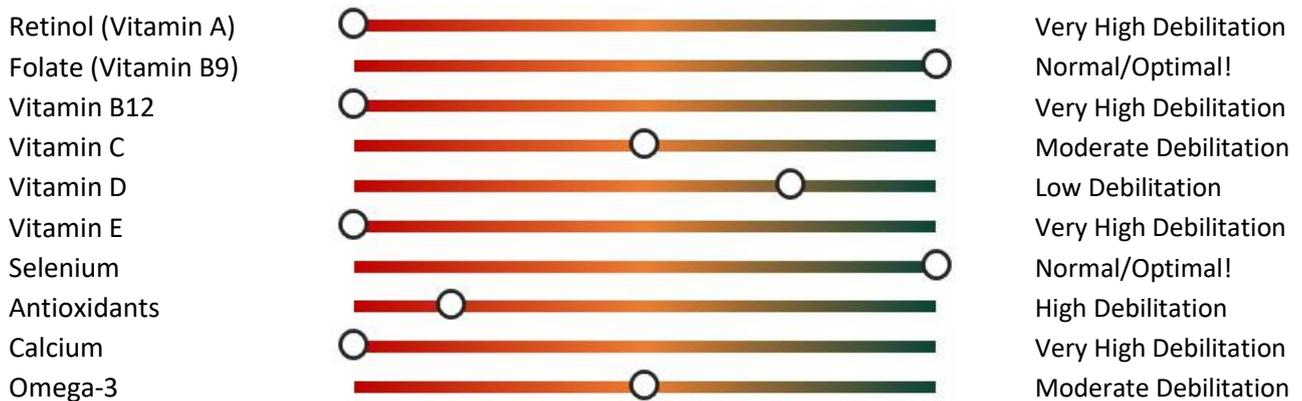
Genetic variations may prevent your ability to use and absorb certain nutrients normally, leading to reduced physical and mental performance on a normal diet. Discover the affect of your variations below.

Your overall ability to use, produce and absorb nutrients



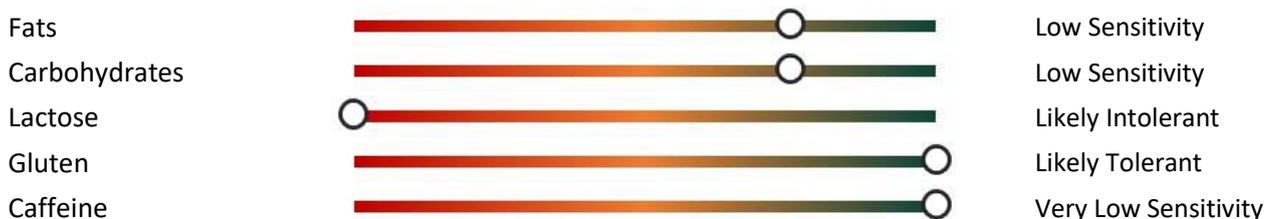
The higher your level of debilitation, the more of that nutrient you need to consume to be at your best.

Breakdown by nutrient



Food intolerances and sensitivities

Your genes also reveal food sensitivities and intolerances, helping you to understand which food groups to consume more of and which to avoid:



What do we mean by fat and carbohydrate 'sensitivity'?

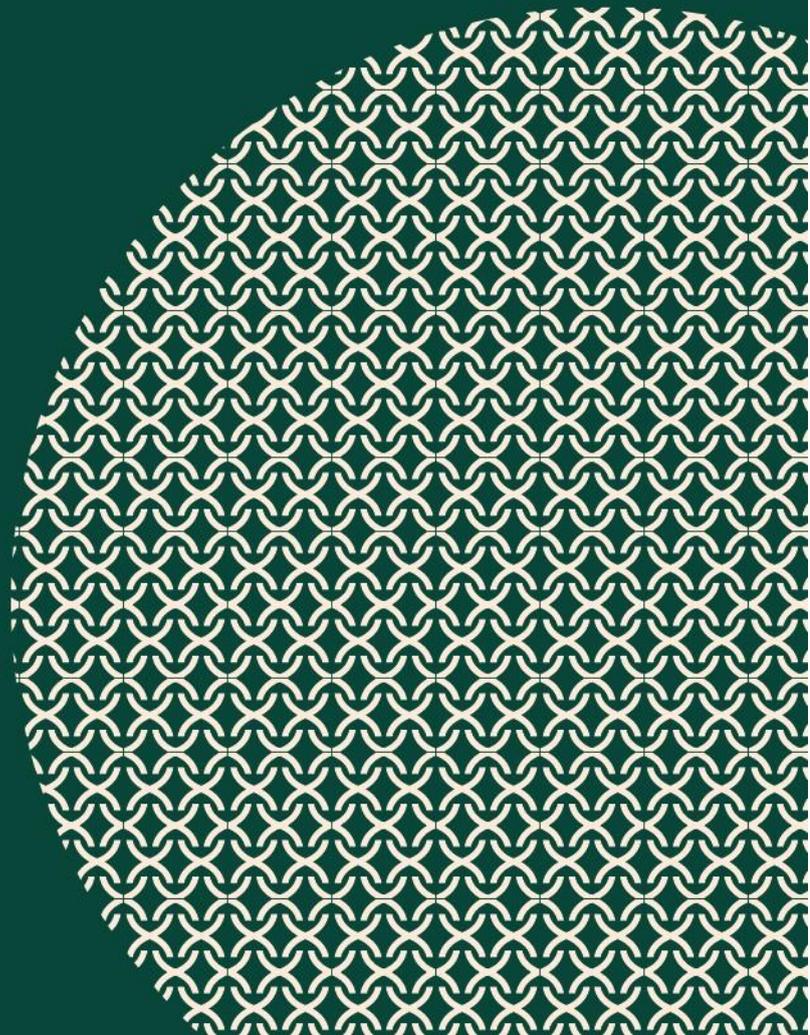
This refers to the amount of energy per calorie your body receives compared with the average. The higher the sensitivity, the more calories you receive. This is important to know when planning the best diet for you.

4.

Your personal nutrition recommendations

NGX

NUTRI-GENETIX



YOUR PERSONAL NUTRITION RECOMMENDATIONS

Following a genetically personalised diet could help you overcome the nutritional debilitations caused by your gene variations. The level of gain you could achieve is:



Your optimal balance of essential vitamins and minerals (micronutrients)

You should aim to consume more than the average levels recommended by the EFSA for these nutrients:

	EFSA Avg.*	Your Goal	% Increase	Example Sources
Vitamin A	490ug	1504ug	207%	Carrots, oranges, butter
Vitamin B6	1.3mg	14mg	977%	Bananas, oats, milk
Folate (Vitamin B9)	250mg	450mg	80%	Leafy green vegetables
Vitamin B12	4ug	15ug	275%	Fortified cereals, lean meats
Vitamin C	80mg	250mg	213%	Oranges, peppers, broccoli
Vitamin D	15ug	25ug	67%	Mushrooms, sunlight
Vitamin E	11mg	120mg	991%	Nuts, seeds, pumpkin
Omega-3	1.6g	2.4g	50%	Fish oil, flax seeds
Selenium	55ug	69ug	25%	Brazil nuts, grains
Calcium	860mg	1000mg	16%	Milk, cabbage, broccoli

* EU Food Safety Authority, average nutrient levels for your biological gender

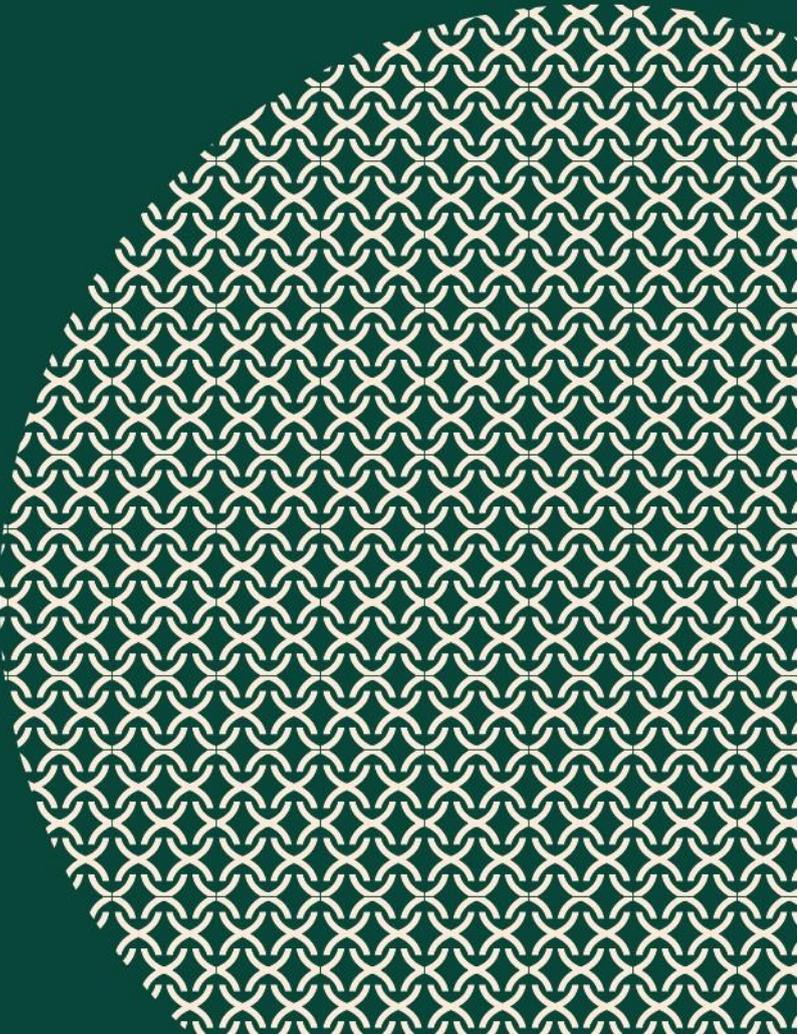
You should aim to consume the average levels recommended by the EFSA for the following nutrients:

	EFSA Avg.	EFSA Avg.	EFSA Avg.	EFSA Avg.			
Fibre (g)	30	Biotin (B7) (ug)	40	Chromium (ug)	40	Magnesium (mg)	300
Salt (g)	2	PABA (B10) (mg)	36	Phosphorus (mg)	550	Fluoride (mg)	2.90
Vitamin B1 (mg)	0.10	Vitamin K1 (ug)	70	Iodine (ug)	150	Potassium (mg)	3500
Vitamin B2 (mg)	1.30	Inositol (mg)	43	Iron (ug)	7	Copper (mg)	1.30
Vitamin B3 (mg)	1.30	Chloride (mg)	800	Molybdenum (ug)	65	Zinc (mg)	8.90
Vitamin B5 (mg)	5	Choline (mg)	400	Manganese (ug)	3		

The best way for you to hit your nutrition targets is to prepare fresh ingredients on a daily basis, in the exact quantities you need from food sources such as those listed above. However, if you don't have the time to do that everyday or you prefer not to cook, NGX BodyFuel is a simple and convenient way for you to hit these targets. Just consume two scoops per day as a meal or snack.

5.

**Your NGX
BodyFuel
meal shake**





*Healthy, nutritious food,
crushed just for you.*

YOUR NGX BODYFUEL MEAL SHAKE

NGX BodyFuel is your personalised meal shake made from real food, providing a convenient way for you to optimise your nutrition and crush your fitness, health and wellbeing goals.



Each 35g scoop contains a lean 150kcal and includes 27g of 'complete' pea protein, 3g of carbohydrate and 1.5g of healthy fats, plus all your essential vitamins and minerals in quantities you need to hit your nutrition targets.

All your ingredients are of the highest quality, are naturally sourced and are suitable for vegans and vegetarians.

Nutrients we have increased in your shake

To create your personalised shake, we start by adding 100% of the average recommended daily amount each essential nutrient. Then, based on your nutrient deficiencies, we top up the shake with the extra nutrients that your body needs. Here is what we have topped up in your shake:



	EFSA Avg.	Top Up Amount	% Increase
Vitamin A (ug)	490µg	+1014µg	+207%
Vitamin B6 (mg)	1.3mg	+12.7mg	+977%
Folate (Vitamin B9) (mg)	250mg	+200mg	+80%
Vitamin B12 (ug)	4µg	+11µg	+275%
Vitamin C (mg)	80mg	+170mg	+213%
Vitamin D (ug)	15µg	+10µg	+67%
Vitamin E (mg)	11mg	+109mg	+991%
Selenium (ug)	55µg	+14µg	+25%
Calcium (mg)	860mg	+140mg	+16%



Genetically
Personalised



30 Essential
Nutrients



High
Protein



Naturally
Sourced



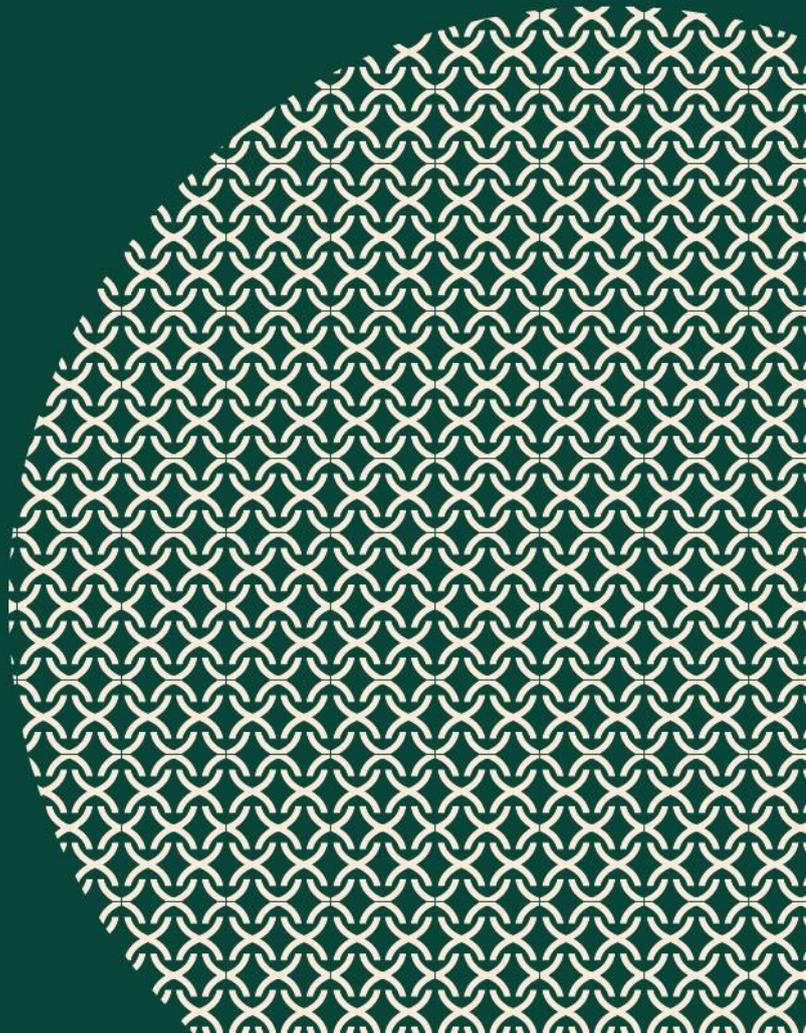
Vegan
Friendly



Zero
Sugar

6.

How to take NGX BodyFuel



HOW TO TAKE NGX BODYFUEL

BodyFuel can be taken as a meal replacement on a 'when you need it' basis. However, for optimal nutrient absorption and results, take 1x 35g scoop of BodyFuel in the morning and 1x 35g scoop in the evening, in replacement of 1-2 regular meals. If you stick to this regime every day, you will start to see results after two weeks and best results after 3 months.

How to take by goal

You can also customise how you take BodyFuel, based on the goal you want to achieve.

BUILD LEAN MUSCLE	IMPROVE ATHLETIC PERFORMANCE
When to take NGX	
Morning & Evening	Morning & Evening
How to take NGX	
Replace up to 2 meals per day. Take 1x 35g scoop instead of breakfast and again before bed, in place of dinner. If you need extra calories, consume after a light healthy dinner.	2x 35g meals of NGX contains 54g of protein and 300kcal. Supplement your diet with up to 2 scoops of per day, one in the morning and evening.

*To achieve faster results, consume 1x 35g scoop of **NGX PowerPack** before or after workouts. PowerPack is the perfect ratio of protein, creatine and carbohydrates for maximising your workout gains.*

[LEARN MORE ABOUT POWERPACK](#)

LOSE BODY FAT	SNACK HEALTHY
When to take NGX	
Morning, Lunchtime or Evening	When you normally snack!
How to take NGX	
Replace up to 2 meals per day. Take 1x 35g scoop instead of breakfast and again for lunch or dinner. If you need extra calories while you get used to the reduced diet, consume a light healthy lunch or dinner and reduce the extra meal over time.	Replace snacking with BodyFuel up to twice per day. Once you have stopped snacking, replace either breakfast, lunch or dinner with BodyFuel.

Serving Suggestions

Use your NGX shaker	Blend into a smoothie	Make protein pancakes!
Add your choice of liquid (e.g. milk / coconut water / water). Add 1x 35g scoop of BodyFuel and 1x 5g scoop of NGX Flavour. Shake vigorously for 20 seconds and consume.	Add 1x 35g scoop of NGX BodyFuel. Add your choice of fruit and veg (e.g. spinach, kale, mango). Add your choice of liquid (e.g. coconut water / juice / water) and blend with ice!	Blend 1x 35g scoop of BodyFuel with 1 banana, 2 eggs, 1/2 cup egg whites. 4 teaspoons of baking powder, a pinch of salt, a pinch of cinnamon and a handful of rolled oats. Fry pancake style!

[For more ways to take NGX and new recipes, click here to visit the NGX blog](#)

7.

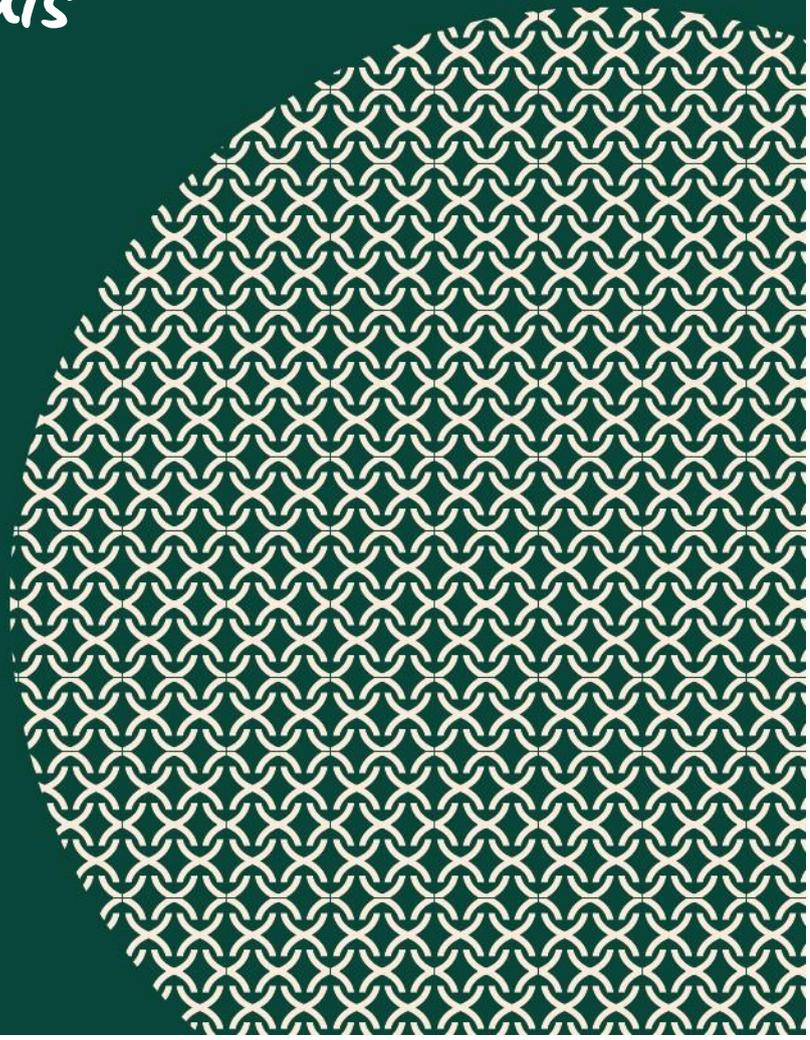
Detailed results:

Dietary Fats

Carbohydrates

Vitamins & Minerals

Food Sensitivities



DIETARY FATS

You have a Low Sensitivity to dietary fats

Your sensitivity to dietary fats



Your combined genotype for lipid related genes indicates a low sensitivity which means you would benefit from using fats as a source of energy. You would benefit from increasing your healthy dietary fats intake (e.g. by following a keto diet) to control your blood sugar levels and long-term insulin sensitivity. You may consume up to 60% of your daily calories through healthy dietary fats, provided you are healthy.

Your NGX Body Fuel is low in healthy fats, containing less than 2g of fat per 35g meal. Aim to consume your remaining daily fat requirement from healthy sources such as:



Avocado



Nuts
(e.g. almonds, walnuts)



Seeds
(e.g. flax, chia)



Cacao
(dark chocolate)



Olive oil



Soybeans

Your fat sensitivity is based on your unique genetic variations for the following genes

Gene	Your Result
ADRB2	A:A
ADRB3	T:T
FTO	NR
APOC3	G:G
LPL	A:A
APOA5	A:A

Fats are one of 3 macronutrients (nutrients that form a large part of our diet) found in food – the others being carbohydrate and protein. Fats provide us with a concentrated form of energy that the body cannot produce on its own. Essential fatty acids are the healthy fats that help the body to store energy, insulate tissues, absorb fat-soluble vitamins and produce hormones.

Genetics play a role in the transport and metabolism of fat, as well the resultant effect of fats on health factors such as cholesterol. Numerous studies have demonstrated the effects of genetic variations on transport and metabolism of dietary saturated and unsaturated fats. The processes affected involve absorption through the intestine, transport in the blood, storage and conversion into energy. The genes selected in this panel are combined to provide an overall estimate of your likely sensitivity to fats.



CARBOHYDRATES

You have a Low Sensitivity to carbohydrates

Your sensitivity to carbohydrates



You have a low sensitivity to carbohydrates. This means that carbohydrate is an effective source of energy and normal levels should be consumed as part of a healthy balanced diet. You may consume 30%-50% of your daily calories daily calories through carbohydrates.

Your NGX BodyFuel is low in carbohydrate, containing less than 3.5g of carbohydrate per 35g meal and virtually zero added sugar. Aim to consume your remaining daily carbohydrate from healthy sources such as:



Sweet Potato



Legumes



Oats



Fruit



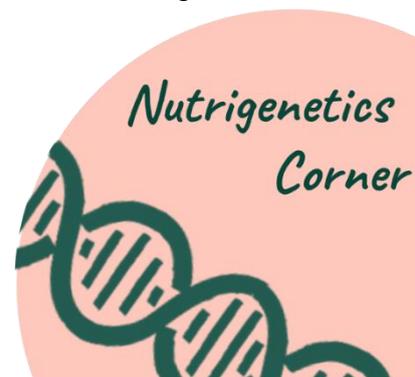
Quinoa

Your carbohydrate sensitivity is based on your unique genetic variations for the following genes

Gene	Your Result
ACE	DEL:DEL
PPARG	C:C
TCF7L2	C:C
ADRB2a	C:C
ADRB2b	A:A
ADRB3	T:T

Carbohydrates are normally the body's main source of energy in a healthy, balanced diet, providing about 4kcal (17kJ) per gram. Carbohydrates get broken down into glucose (sugar) before being absorbed into the bloodstream. From there, the glucose enters the body's cells with the help of insulin.

Glucose is used by the body for energy, fuelling everything from breathing to an intense exercise workout. Unused glucose is converted to glycogen found in the liver and muscles. If more glucose is consumed than can be stored as glycogen, it is converted to fat for long-term storage of energy



VITAMIN A (RETINOL)

You should aim to consume 1504ug of retinol daily

This is based on how effectively your body processes and uses retinol

Your Result:



Very High
Debilitation

Consuming your optimal daily amount of retinol can help you:



Combat
fatigue



Manage
weight



Support your
immune system



Protect against
skin damage &
signs of aging



Maintain healthy
eyes and hair

Retinol is an essential vitamin and powerful antioxidant, is important for cell production and growth. Retinol stimulates fibroblasts – the cells responsible for developing tissue that keeps skin firm – and also helps to protect the skin against UV damage. Retinol also plays an important role in regulating thyroid function. The thyroid produces hormones that regulate our metabolism and underactive thyroid function can be a contributing factor in weight gain.

You should aim to consume 1504ug of retinol per day. You can find this in 2x 35g meals of your NGX BodyFuel. Retinol is only found in products containing meat, therefore vegan's must supplement from vegan friendly sources, such as NGX.



Carrots



Oranges



Leafy
vegetables



Sweet
potato



Liver



Salmon

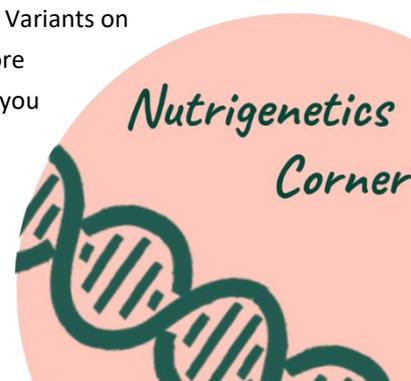


Butter

You need to increase your Retinol intake because of your unique genetic variations for the BCO1 gene:

Gene	Your Result
BCO1a	T:T
BCO1b	C:C

The BCO1 gene converts beta-carotene (a precursor of vitamin A) into vitamin A so that it can be used by the body. BCO1 symmetrically cleaves beta-carotene into two molecules of retinal using a dioxygenase mechanism, the first step of the pathway process. Variants on the BCO1 gene can reduce your ability to convert beta-carotene by more than 50 percent. This may result in a Vitamin A deficiency, especially if you are vegan.



FOLATE (VITAMIN B9)

You should aim to consume 450mg of Folate daily

This is based on how effectively your body processes and uses Folate

Your Result:



Normal/Optimal!

Consuming your optimal daily amount of folate can help you:



Increase energy



Improve cognition



Increase strength



Reduce fatigue

Folate is an essential nutrient that helps the body to produce and maintain cells, digest proteins and improve blood oxygenation. Quite simply, the more oxygen our muscles and brain get, the better they function.

You should aim to consume 450ug of Folate per day. You can find this in 2x 35g meals of your NGX BodyFuel, or in these vegan-friendly sources:



Leafy green vegetables



Peas



Beans



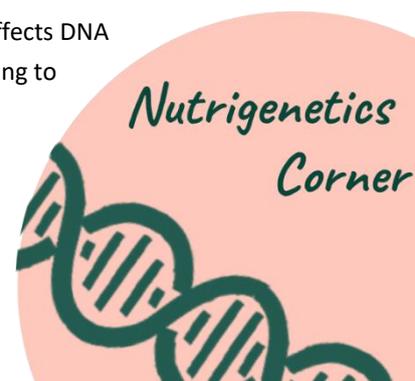
Asparagus

You need to increase folate intake because of your unique genetic variations for the MTHFR and RFC1 genes

Gene	Your Result
MTHFR–AA1298C	A:A
MTHFR–C677T	NR
RFC1	G:A

The MTHFR gene plays an important role in folate (vitamin B9) metabolism. The test is used to identify variations in two specific regions of the MTHFR gene - C677T and A1298C that determine the level of MTHFR enzyme activity and the corresponding ability to utilise folate.

The RFC1 gene is a transporter of folate and is involved in the regulation of intracellular concentrations of folate. It has a higher affinity for reduced folate than folic acid. Variants on this gene are associated with reduced ability to take up, retain, and metabolise folate resulting in reduced bioavailable folate (5-MTHF) which negatively affects DNA methylation, and impacts the methionine cycle potentially contributing to increased homocysteine levels and reduced cognitive function.



VITAMIN B12

You should aim to consume 15ug of Vitamin B12 daily

This is based on how effectively your body processes and uses Vitamin B12

Your Result:



Very High
Debilitation

Consuming your optimal daily amount of Vitamin B12 can help you:



Reduce exercise
fatigue



Speed up
workout recovery



Maintain memory
& focus



Support your
metabolism



Improve sleep
quality

Vitamin B12 is multifunctional, helping to break down various compounds such as fatty acids; which are necessary for cell growth, division and cellular energy production. B12's role is especially important in the formation of new blood cells, which transport oxygen to the brain and muscles.

You should aim to consume 15ug of Vitamin B12 per day. You can find this in 2x 35g meals of your NGX BodyFuel. Vitamin B12 is only found in products containing meat, therefore vegans must supplement from vegan friendly sources, such as NGX. Food sources containing a high quantity of Vitamin B12 include:



Fortified cereals
(e.g. corn flakes)



Lean meat
(e.g. chicken breast)

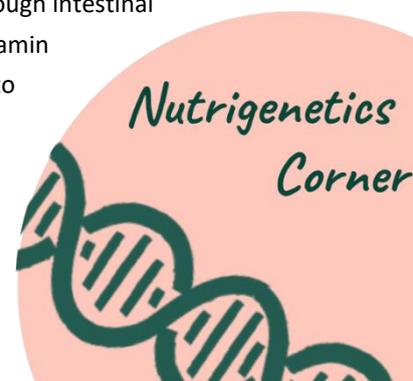


**Fortified soy or
almond milk**

You need to increase folate intake because of your unique genetic variations for the TCN2 gene

Gene	Your Result
TCN2	G:G

The **TCN2** gene provides instructions for making a protein called **transcobalamin**. This protein transports vitamin B12 (in the form of cobalamin) from the bloodstream to cells throughout the body. During digestion, cobalamin is transported through intestinal cells into the bloodstream. Transcobalamin attaches (binds) to cobalamin when it is released into the bloodstream and transports the vitamin to cells.



VITAMIN D

You should aim to consume 25ug of Vitamin D daily

This is based on how effectively your body processes and uses Vitamin D

Your Result:



Low Debilitation

Consuming your optimal daily amount of Vitamin D can help you:



Improve energy levels



Healthy muscles and bones



Improve hair, skin and teeth quality



Improve mood and happiness



Support immunity

Vitamin D is a multi-function fat-soluble vitamin produced in the skin in response to sunlight. It plays an important role in the efficiency of mitochondria, the 'powerhouses' in cell that produce ATP - an energy currency required by muscles for movement. Vitamin D also improves calcium absorption, protects against ultraviolet light (UVB) and promotes a healthy immune system.

You should aim to consume of 38ug of Vitamin D per day. You can find this in 2x 35g meals of your NGX BodyFuel, or from these vegan-friendly sources:



Sunlight!



Mushrooms



Fortified cereals



Fortified soy or almond milk



Eggs



Liver

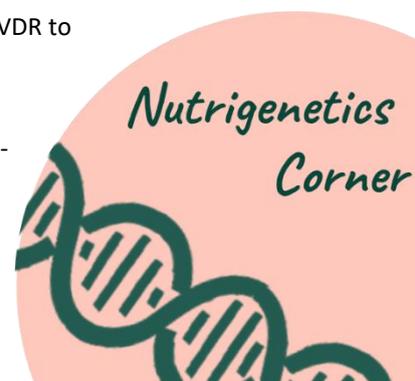


Oily fish

You need to increase your Vitamin D intake because of your unique genetic variations for the VDR gene

Gene	Your Result
VDR 1	NR
VDR 2	T:C

The Vitamin D Receptor (VDR) gene provides instructions for the Vitamin D Receptor, which allows the body to respond to Vitamin D. The VDR protein attaches (binds) to the active form of vitamin D, known as calcitriol. This interaction allows VDR to partner with another protein called retinoid X receptor (RXR). The resulting complex then binds to particular regions of DNA, known as vitamin D response elements, and regulates the activity of vitamin D-responsive genes.



ANTIOXIDANTS

You should aim to consume 1504ug of Vitamin A, 250mg of Vitamin C, 120mg of Vitamin E, 69ug of Selenium, 1mg of Copper and 11mg of Zinc daily

This is based on your ability to produce antioxidants

Your Result:



High Debilitation

Consuming your optimal daily amount of these nutrients can help you:



Neutralise free radicals



Reduce muscle soreness



Recover faster



Support Immunity

Antioxidants are substances that can prevent or slow damage to cells caused by free radicals (unstable molecules). This damage is known as oxidative stress. High intensity exercise in particular causes oxidative stress, which can have a harmful effect on muscle performance and cause higher levels of muscle soreness. Antioxidants help to reduce these harmful effects, with beneficial effects seen for up to 3 days after exercise.

Vitamins A, C and E are powerful antioxidants, along with the minerals Copper, Zinc and Selenium. 2x 35g meals of your NGX BodyFuel contains all your antioxidant needs.

You can also find antioxidants in the following vegan-friendly sources:



Blueberries



Purple & red grapes



Dark leafy greens

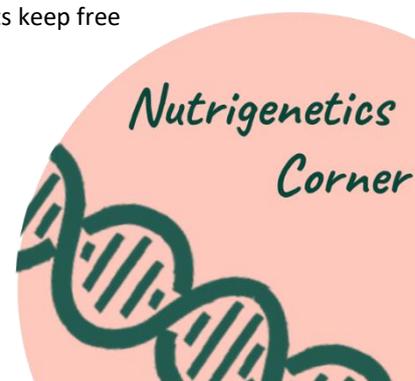


Nuts

Your antioxidant requirements are caused by your genetic variations for the CAT, SOD2 and GPX1 genes

Gene	Your Result
CAT	T:T
SOD2	NR
GPX1	C:C

CAT, SOD2 and GPX1 provide instructions for making proteins and enzymes (such as antioxidants) that protect against and breakdown free radicals, which cause damage to healthy cells and DNA. Free radicals are formed in the body during normal metabolism but are also created through exercise. A free radical is formed when oxygen in the body splits into single atoms with unpaired electrons. Electrons like to be in pairs, so these atoms (called free radicals) scavenge the body to seek out other electrons to pair with. Antioxidants keep free radicals in check by giving an electron to the free radical, without itself becoming unstable.



OMEGA-3

You should aim to consume 2.4g of Omega-3 daily

This is based on how effectively your body regulates inflammation

Your Result:



Moderate
Debilitation

Consuming your optimal daily amount of Omega-3 can help you:



Reduce cellular
inflammation



Improve
recovery



Increase
endurance



Build
muscle



Promote soft &
smooth skin



Burn body
Fat

Omega-3 is an 'essential fatty acid' (meaning that it must be obtained from the diet) and is considered a healthy fat. Omega-3s have several important functions, including the reduction of cellular inflammation, the stimulation of muscle protein synthesis, the formation of cell membranes, the provision of energy for the body and the formation of eicosanoids – signalling molecules that have a wide range of general health implications.

You should aim to consume of 3g of Omega-3 per day. You can find this in 2x 35g meals of your NGX BodyFuel, or from these vegan-friendly sources:



Flax seeds



Chia seeds



Walnuts



Kidney beans



Salmon



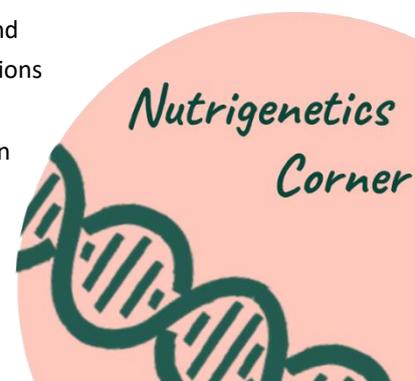
Seaweed

Your Omega-3 requirement is caused by your genetic variations in the IL-6 and TNF genes

Gene	Your Result
IL-6	G:G
TNF	G:G

The IL6 and TNF genes help regulate inflammation. Interleukin-6 is associated with the synthesis of IL-6, a multifunctional cytokine that regulates immune responses such as inflammation by secreting substances to influence other cells. Specific variations of this gene have been shown to either increase or decrease the levels of IL-6 during and after exercise or in response to UV-induced inflammation in our skin.

Variants on TNF are associated with an overactive immune response and susceptibility to a range of inflammatory health conditions. These conditions can reduce protein synthesis in skeletal muscle, negatively affecting physical performance. The inflammation can also take a toll on the skin in a variety of ways, including accelerating the aging process.



CAFFEINE

Caffeine may improve your level of endurance

This is based on how sensitive your body is to caffeine

Your Result:



Very Low Sensitivity

Caffeine is frequently used by athletes because of its performance-enhancing effects and while numerous studies have demonstrated the benefit of caffeine on aerobic endurance performance, research has shown that certain gene variants play a role in how we metabolise caffeine, altering the magnitude of these performance enhancing effects.

You can use caffeine-containing foods and beverages prior to exercise to improve your physical endurance. The recommended dose varies by body weight, but is typically about 200–400mg, taken 30–60 minutes before a workout. Vegan sources include:



1 cup of
black coffee
=
95mg
caffeine



1 cup of matcha
green tea
=
280mg
caffeine



1 cup of
black tea
=
26 mg
caffeine



Dark
chocolate
=
20-70 mg
caffeine

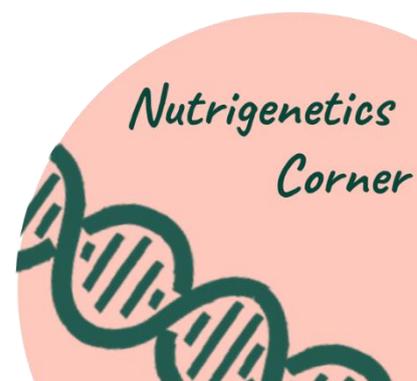


Energy
drinks
=
30mg caffeine
(per 100ml)

Your caffeine sensitivity is caused by your genetic variation in the CYP1A2 gene

Gene	Your Result
CYP1A2	A:A

CYP1A2 plays an important role in how we process and eliminate caffeine. Individuals who carry one or more CYP1A2*1C alleles are slow caffeine metabolisers. While a moderate amount of caffeine is usually harmless, in some people excessive caffeine intake can cause anxiety, insomnia, palpitations, headaches and stomach irritation. In some cases, excess caffeine intake has also been linked to high blood pressure.



LACTOSE

You are Likely Intolerant to lactose

This is based on your genetic ability to produce lactase, the lactose digesting enzyme

Your Result:



Likely Intolerant

It is not advisable to consume products containing sources of lactose (e.g. milk, kefir, certain cheeses and yoghurt) if you are experiencing symptoms of lactose intolerance. We advise mixing your NGX BodyFuel with coconut milk, coconut water, water, oat milk or other non-lactose containing liquids.

Lactose intolerance can significantly affect wellbeing and the ability to digest and absorb other nutrients.

Having a genetic ability to digest lactose is potentially beneficial as dairy products provide good source of protein, calcium, potassium, vitamins A, D, B12, Vitamin B2 and Vitamin B3. Likewise, if a person does not have the ability to digest lactose and carries on eating dairy products it can potentially lead to digestive symptoms such as bloating, gas, indigestion etc. All these gastro-intestinal symptoms may interfere with the effectiveness of digestion and absorption of other nutrients.

Your NGX BodyFuel is free from all major known allergens, including lactose. For a great tasting shake, mix with any of these lactose free liquids:



Coconut milk



Coconut water



Oat milk



Soy milk



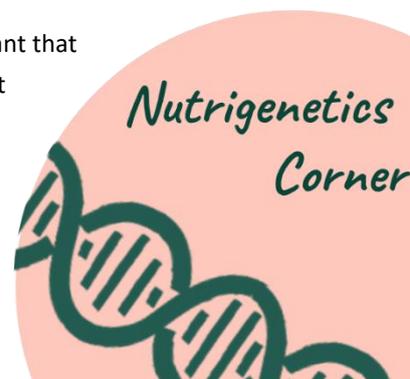
Or just simply water!

Your lactose tolerance is based on your unique genetic variation for the LCT gene

Gene	Your Result
LCT	C:C

The LCT gene provides instructions for making an enzyme called lactase. This enzyme helps to digest lactose, a sugar found in milk and other dairy products. Lactose intolerance in adulthood is caused by gradually decreasing expression of the LCT gene after infancy, which occurs in most humans. The T allele results in lactase persistence resulting in a lowered risk of abdominal discomfort created by lactose intolerance.

In some populations, particularly Caucasians, a common genetic variant that promotes lactase production enables individuals to continue to digest milk throughout their life.



GLUTEN & COELIAC DISEASE

You are likely to be gluten tolerant and have no associated risk for Coeliac Disease

This is based genetic risk factors for developing gluten intolerance and Coeliac Disease

Your Result:



Likely Tolerant

You can consume gluten-containing grains as part of balanced diet. Your NGX products are free from gluten, as well as all other major known allergens

When people with Coeliac Disease eat foods or use products containing gluten, their immune system responds by damaging or destroying villi — the tiny, finger-like protrusions lining the small intestine. Villi normally allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream. For that reason, consumption of gluten may lead to digestive symptoms and malabsorption of various important nutrients.

Your NGX BodyFuel is free from all major known allergens, including gluten.

If you are gluten intolerant, look for gluten free alternatives when planning your diet and try to avoid food groups that are high in gluten, such as:



Wheat



Cereal



Barley



Bread



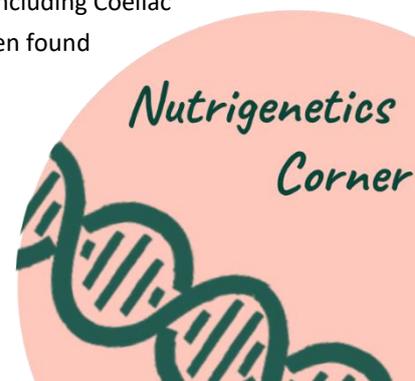
Pasta

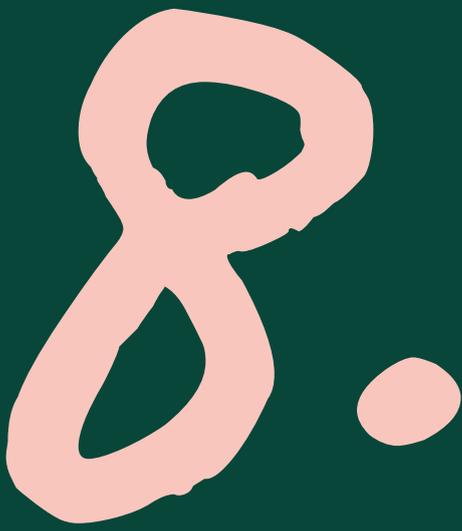
Your gluten tolerance is based on your unique genetic variation for the HLA-DQA1 gene

Gene	Your Result
HLA - DQA1	C:C

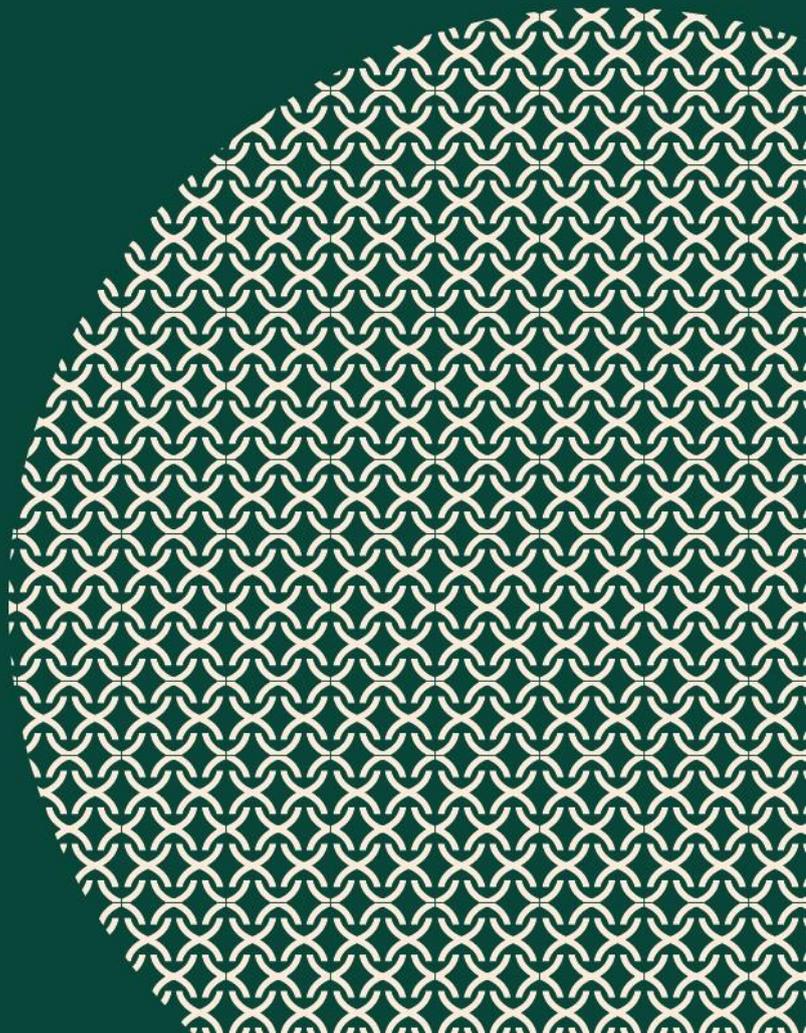
The HLA-DQA1 gene is strongly linked to gluten intolerance and Coeliac Disease. The gene provides instructions for making a protein that plays a critical role in the immune system. This protein helps the immune system distinguish the body's own proteins from proteins made by foreign invaders such as viruses and bacteria.

Variants on HLA genes are associated with auto-immune conditions including Coeliac Disease, which is an inability to digest gliadin, the component of gluten found in wheat, rye and barley.





**Want to
discuss your
results?**



Want to
discuss your
results?



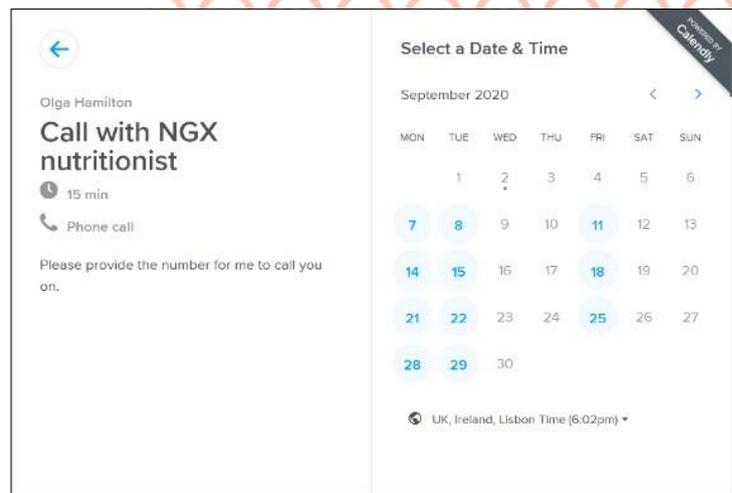
Hi there! I'm Olga, Head of Nutrigenetic Science here at NGX

If you have any questions about this report, the nutrition team would be happy to discuss them with you over a **FREE 15-minute consultation**.

Simply use the link below to access our calendar and book your slot. You can choose from any of the times that show up as available in the diary.

[Book My Free Session](#)

Or copy this URL into your browser:
calendly.com/nutri-genetix-call-with-nutritionist-olga-hamilton



Legal disclaimer

1. This report is based on your unique DNA results obtained by testing your swabs for your response to a selection of key genes that are associated with nutrition.
2. As with all NGX products, this report is intended for adults who are over the age of 18 only.
3. Any insights and recommendations outlined in this report are based on scientific literature and the evidence available in the public domain for the specific gene and single nucleotide polymorphisms (SNPs) analysed.
4. Scientific research is always changing, and genetic technology is always evolving. The team here at Nutri-Genetix are committed to continuous innovation to ensure we provide the best information to our customers, however the information provided and the contents of your nutrition shake are subject to change based on the results of new scientific research.
5. NGX shakes should always be taken as part of a healthy balanced diet that includes at least one regular high fibre meal per day.
6. We do not provide any medical guidance or recommendations based on the results of your genetic test because we are not a medical company. You must always seek medical advice from a registered medical professional if you have any concerns at any time about whether or not the assumptions in this report are correct.
7. Always check with your health professional before excluding any major food groups from your diet (e.g. foods containing lactose or gluten).
8. You are at all times responsible for any actions you take, or do not take, as consequence of the information, assumptions and recommendations in this report. You will hold Nutri-Genetix Limited, its officers, employees and representatives, harmless against all losses, costs and expenses in this regard, subject to what is set out below.
9. To the fullest extent permitted by law, neither Nutri-Genetix Limited nor its officers, employees or representatives will be liable for any claim, proceedings, loss or damage of any kind arising out of or in connection with acting, or not acting, on the assertions or recommendations in this report. This is a comprehensive exclusion of liability that applies to all damage and loss, including, compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties, howsoever arising, whether in tort (including negligence), contract or otherwise.
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